Woman's World.

Specially Prepared for Our Feminine Readers.

MARY IS OUR QUEEN.

(By the Very Rev. R. O'Kennedy in Ave. Maria.) A Wirra Wauher Dhac!*

A Wirra Wauher Dhac!*

Where Mary's servants rest.

A Wirra Wauher ishae!

Oh, 'twas beautiful and green in its robe of morning sheen.

And sweet Mary was its Queen
A Wirra Wauher Dhae!

And scattered through the land— A Wirrs Wamber Dhae!— By freet, vale, and strand— A Wirrs Wamber Dhae!— Refined fane and forest cell Sell the ancient story tell, That they loved sweet Mary well— A Wirra Wamber Dhae!

Virgins like the rose.—
A Wirra Wauher Dhae!—
Maldens pure as snow.—
A Wirra Wauher Dhae!—
Thick as stars our Mary's be,
Yet they keep religiously
One sweet Name unfouched for thees
A Wirra Wauher Dhae!

God bless the olden days.—
A Wirra Wauher Dhac!—
The days of Mary's praise—
A Wirra Wauher Dhac!—
When, a white-robed myriad band,
Saints arose on every hand;
And sweet Mary rubed the land—
A Wirra Wauher Dhac!

But still to God be praise—
A Whra Wauher Dhae!—
As in the olden days—
A Wirra Wauher Dhae!—
Irsland's hills are still as green.
As though ages they have been,
And sweet Mary is our QueenA Wirra Wauher Dhae!

* The Irish of "O Mary Mother of God!"
* The Irish is the only language that, out or respect for the Blessed Virgin has one form of the ame Mary (Mwirra) for her, and another form (Maurya) for ordi-

BEATUY.

The desire for beauty inherent in the feminine heart is one which should not by any means be reproduted. The Creator of all loves beauty, hence he creator of all loves beauty, hence he made the world beautiful, and it is fair to assume that in the beginning all human creatures were beautiful. But centuries of battle with the vyicissitades of mortal life have left their marks on the human countenance—to say nothing all centuries of dalliance with indigestibles, which are the most malignant of beauty destroyers. The menu of our first parents must of necessity have been limited to fruits necessity have been limited to fruits and nuts, and we fell safe in saying that it was not the serpent of dyspersia which drove them from the Garden of Eden. It is a far cry from that simple diet of fruit and nuts to the menus of the present any for a column of the present day-for a column would not contain the names and variety of the various foods and condiments considered necessary to conserve the strength of the twentieth century individual; but nevertheless the scien thits and hygienists are more than ever harking back to the dlet of our first parents, and arguing that it is the only healthful one, besides—an argument which wins with the fair sex—the only reserver of the beauty of the skin therefore, a few hygicalc hints given by the London Telegraph will be ound both interesting and instruc-

skin fresh and clear.

At least a couple of hours must be spent in the open air, either in walking, bicycling or playing games, as circumstances permit.

All tight clothing must be avoided, as it disturbs the circulation, and is often the cause of chiarged veins and and real nears.

lant of any kind; instead, of taking animal food, try some bolled fish, or a couple of eggs every day. Drink lemonade or water eat apples, grapes and the attentions of these social para-issues regularly. Take the raw juice of sites."

Never fail to walk several miles per ay. Bathe frequently in almost cold ater. Above all, never let anything have the power to worry you, but al-ways try to remain calm and cheer-ful.

TENDEREST OF MOTHERS.

(From the Ave Muris.)

An old soldier, who, for more than ferty years, had led a life of frielig-lon and dissipation, and who was not known by his companions or neighbors ever to have been a Catholic, suddenly stopped the priest one day as he was passing the little cottage where he lived, and surprised the good man by telling him that he wanted to go to But are you a Catholic?" inquired

Yes, father," was the reply, "that is

to say, I was once a Catholic."
"Certainly you may come to confession whenever you wish." said the priest. "But I am curious to know what has impelled you to this step. It can hardly be fear of immediate death, for you look as well and hearty as ever I saw you."

"I never was better in my life," re-plied the man, "For the past fortnight I have been feeling unusually well. But something has taken hold of me, father; a vague unrest, which I cannot

ther; a vague unrest, which I cannot describe. For several days I have been saying to myself that the next time I saw you I would ask if I might not be permitted to go to confession."

"And afterward." queried the priest.

"You intende to lead a good Christian life to the end of your days, I hope?"

"That is my intention," responded the soldier—"with God's help, father,"

"With God's help, of course," observed the priest. "Without his help we can do nothing. I am rejoiced at your good dispositions, my friend; and you may come this evening at 7 o'clock."

"Very well, father. But you will help me, I hope. I have forgotten all about confession, and I do not know any pragers at all? Not the 'Our

Father."
"I have forgotten it."
"Or the 'Hail Mary?"
"I have forgotten that also."
"Well, well! But you must have said some prayer now and then to have received the grace which the Almighty God is working in your soul?"
"No, I have never said any prayer, because, as I told you, I do not know any. But there are a coursis of little

I trace of self-consciousness:

"I put my trust forever, O Mary pure, in thee! Then show thyself a mother, And daily succor me.

Dress and

Character.

"And when Death's hand shall touch Thy pity I implore; Oh. lead me. dearest Mother, To God, for evermore."

"My dear friend, don't you know," said the priest, "that, though you may ave been entirely unconscious of it ourself, the Blessed Mother of God, yourself, the Blessed Mother of God, whom none have ever invoked in vain, has always had you in her keeping? You have great cause from gratitude. Come to me this evening; it will not take long to restore to your memory the 'Our Father,' the 'Hail Mary' and the Act of Contrition."

As the priest pursued his homeward walk, he said to himself: "I believe, in spite of his apparent good health, that the hand of Death has touched him." And so it proved. The old man made good confession and receivel holy ommunion the next morning. The fol-lowing day he was found dead in his

Fome Circle.

EASILY GIVEN.

It was only a sunny smile,
And little it cost in the giving.
But it scattered the night
Like a morning light
And made the day worth living.
Through life's dull warp a woof it wove.
In shining colors of light and love:
And the angels smiled as they watched
above. Yet little it cost in giving.

If was only a kindly word,
And a word that was lightly spoken,
Yet not in vain,
For it stilled the pain
Of a heart that was nearly broken,
it strengthened a fate beset by fears,
And groping blindly through mist of
Years,
For light to brighten the coming years,
Although it was lightly spoken.

It was only a helping hand.

And it seemed of little availing,
But its clasp was warm

And it saved from harm

A brother whose strength was fail-

ing.
Its touch was tender as angelia wing:
But it rolled the stone from the hidde springs,
And pointed the way to higher things,
Though it seemed or little availing.

A smile, a word, a touch,
And each is easily given.
Yet one may with
A soul from sin
Or smooth the way to heaven,
smile may lighten the falling heart,
word may soften pain's keenest smart,
touch may lead us from sin apart-A word may soften paids at apart— A touch may lead us from sin apart— How easily each is given.—Leader,

HEROIC TREATMENT.

Prescribed by Priest for Boys and Girl "Steadies."

Father Mallaney, one of the priests in charge of a mission for unmarried men in a parish in Hoboken, N. J., last week warned his hearers against

Sleep is one of the great preservers of youth. Eight hours of regular sleep at night and a short nap during the day will do much to keep the face free from wrinkles. Always sleep with the bedroom window open a few inches at the top, both in summer and winter. A daily morning bath, tepid in winter and cold in summer, with a brisk rub to follow, will be found to keep the skin fresh and clear.

At least a couple of hours must be glory in the silly little compliments paid them by those as senseless as themselves, cannot support themselves, the seek.

for mere pastime. These are a scourge to society. It very often happens that they deprive girls of making a good match if they had not been receiving

Romantic women usually have a very well defined arch in the center of the eyebrow, while a sense of humor is indicated in the arch nearer the nose.

Long, drooping eyebrows, lying wide apart, indicate an amiable disposition. Where the cycbrows are lighter in are lack of vitality and great sensi-

Faintly defined eyebrows, placed high above the nose, are signs of indolence and weakness.

natural, they accompany a passionate

highest order of intelligence, and the arch is expressive always of greater sensibility and greater strength of character.

ONE WAY.

A word to that homekeeper, be she old or young, who feels each day that her work is "too hard" for her, that she is growing old before her time, the wrinkles coming too soon, life almost a burden because of its too great labor. hurden because of its too great labor. Take a lesson from the childrep. They find unlimited enjoyment in playing they are grown ladies. Now let us turn about and play we are children. The children go to school, but in the middle of each session they are given a recess, ten minutes to forget study and do as they please. We will do well to follow the same practice. We are our own masters, let us be as good to ourselves as the public is to our children.

Set apart a little space of time in the midst of e ach forenoon to forget all care, sweeping, baking dinners, duties of all kinds, and do just what we want

Throw the tired body on the rounge, celved the grace which the Almighty God is working in your soul?"

No, I have never said any prayer, because, as I told you, I do not know any. But there are a couple of little verses my mother taught me more than fifty years ago. Often at night when I am in bed they come into my mind—a matter of habit, you see, and frequentily I have fallen asleep while murmurang them to myself."

Will you say them for me now?"

"Will you say them for me now?"

"Saked the priest, quietly." I would like to hear them."

The old man began, without the least

The old man began, without the least Throw the tired body on the lounge,

to criticise you. Your mother-in-law to criticise you. Tour mother-in-law will say you are 'getting shiftless,' a neighbor will add, 'Yes, I saw her reading a story when the rooms were topsy-tury;' and maybe even the 'gude man' will wonder what has come over his model little wife. But do not mind. Quietly, If need be stubornly, persist, and if, at the close of twelve months, you are not in effect a year younger instead of a year older than when you began your practice of

year younger instead of a year older than when you began your practice of recess, why, then, you can give up the habit and try some other way.

A very busy homekeeper whom in childhood I knew "best of all" had a habit through all the sixty years of her married life, of stopping at about 10 o'clock and sitting down to read the paper and eat a bit of fruit, and that habit, together with the after-dinner nap which was also invariable, was probably more than anything cise the nap which was also invariable, was probably more than anything cise the reason that at 85 years of age she was still able to keep house unaided and walk to town with the quick, firm step of a maiden in her teens.—American Mother.

Keep the Children Off the Streets.

There is seldom, if ever, any valid excuse for children under the age of the seldom of fesh, improves the blood or strengthens the nerves, and, therefore, it must be injurious.

A child who is in the habit of eat-

There is seldom, if ever, any valid excuse for children under the age of 14 or 16 being out at night on the streets, unattended by older persons. All proper errands can be done in the daytime, and evening visits to places of amusement or to friends do not include loitering on the street, to which we refer. Parents may see some diffiwe refer. Parents may see some difficulty in carrying out their good inten-tions in this matter, but no obstacle should be allowed to stand in the way of saving their children. It is not enough that parents forbid their children to leave their homes during the evening; they should at the same time provide some means of keeping them contentedly at home. Harmless games provide some means of keeping them contentedly at home. Harmless games and amusements can be provided in any household and social intercourse be brought into play to provide a substitute for the excitement their children crave and seek out of doors. The more effective and complete the home entertainment and home attractions are made the more easy it is to destroy the desire of children to seek the temptations of the street. Parents, who have responsibility here, and hereafter, for the salvation of

Don't forget where you are and what | Think of it.

ou are doing.

Don't be singular. Leave your man-ierisms at home.

Don't be boorish. If necessary, share

Don't fall to sing your best. Each number is sung but once.

Don't mutilate the words. Their meaning transcends that of the music.

Don't suppose that of the music.

Don't suppose that you cannot be enlightened by listening to the scr-

tions and principles which come out in filial obedience, courtesy and control-ling sense of duty, he will be equally destitute of them after he is married. The mere fact of wedlock will not change the fundamental principles of his nature. He will be essentially the same human being after marriage-or, at least, after the honeymoon-that he was before it. The same principles hold true with regard to women. She who is selfish and vain and idle and deceitful as a girl, will be pretty apt to be the curse of the man who marries her.

The Bishop and the Difficulties of

the Choir. Perhaps the devotion of a good many people suffers from the excessively "figured" music with which the best-intentioned choirs occasionally regale them during the solemn sacrifice of the mass. This music, at best, is syllable. Very black eyebrows give the face an intense and searching expression; when the searching expression in the sanctus is lost in the trill-do and the Sanctus is lost in the trillnatural, they accompany a passionate temperament.

Very light eyebrows rarely are seen on strongly intellectual faces, although the color of the eyebrows is not accepted singly as denoting lack of intelligence; the form gives the key to the faculties and their direction.

Red eyebrows denote great fervor and ambition; brown a medium between the red and black.

red and black.

The ideal eyebrow accepted by the Greeks as a perfect, feminine eyebrow is long, nearly straight, archiess and delicately penciled. But, like the rosebud mouth, it does not indicate the

On one special feast day he was cel-ebrating high mass in a church outside of his own diocese and the choir had prepared music of the most claborate description in honor of the occasion.

The bishop stood it patiently until
they reached the "Credo" in which the
tenors, basses, contrailes and sopranes were making a parsiey emelette out of the fundamental doctrines of Christian ity. He sat for some time on the epis-copal throne, getting more and more fidgety every moment, and wondering

of all kinds, and do just what we want abruptly to the priest who stood by him. 'Whether it's begotten, not made, or made, not begotten, these ladies and gentlemen must settle among them-

cian says that he has known it to cure in scores of cases, and it never falls if applied in season. A cure for bons felon is much the same. As soon as the disease is felt, put directly over the spot a blister of Spanish ity about the size of the thumb nail, and let it remain for six hours, at the expiration of which time, directly under the surface of the blister, may be seen the felon, which can be instantly taken out with the point of a needle or a lancet.

CONSTIPATION IN CHILDREN.

Very quick oven.—K. E. Megce in June Delineator.

Very quick oven.—K. E. Megce in June Or vinegar. Cook over hot water until the nixture thickens, strain and let get very cold.

Sweet Potatoes.

Wash and boil sweet potatoes: when of two eggs; a little grated nutmer, a half spoonful of onlon juice. A teather remove the skins and slice the nixture thickens, strain and let get very cold.

Sweet Potatoes.

When tender add one-quarter cupful of lemon juice in vinegar. Cook over hot water until the nixture thickens, strain and let get very cold.

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When tender add one quarter cupful of lemon juice in vinegar. Cook over hot water until the nixture thickens, strain and let get very cold.

Sweet Potatoes.

When tender add one-quarter cupful of lemon juice or vinegar. Cook over hot water until the nixture thickens, strain and let get very cold.

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CONSTIPATION IN CHILDREN. Two figs soaked in water over night and eaten in the morning before breakfast will sometimes relieve constipation in children. The seeds exert a stimulating effect on the alimentary canal and help to produce the effect desired.

CANDY EATING.

It must be infurious.

A child who is in the habit of eating much candy, and has thus brought its stemach into an irritated condition, takes cold from a slight exposure, and is easily made sick by a slight indiscretion in its diet, resulting in a severe attack of vomiting, diarrhoes or febrile disturbance. Much of the sickness among children may be traced to this cause.

LEMON CREAM. One quart of milk, four eggs, one cup sugar, one ounce gelatine, soaked in a small cup of cold water; one large

temptations of the street. Parents, who have responsibility here, and hereafter, for the salvation of their children should see to this matter, and if they would have their children happy and unmocent and prosperous, no matter what the cost, they should deliver them from outside allurements, and by some means keep them under their care and protection during the years when they are so susceptible to influences, good or bad.

Choir Don'ts.

The various papers are giving a series of suggestive "Don'ts," some humorous, some stupid, for the direction of Catholics. A writer quoted by the Standard and Times has compiled some useful ones for the members of church choirs. Appended are a few of them, "Organblower," as the writer signs himself, says:

Don't fail to be in your place five minutes before the choir service begins.

Don't forget where you are and what the salvation of the blessed sacrament? Thiak of it.

books which exists in many public libraries throughout the country, the rour copy with others.

Don't practice facial contortions nor orporat gymnastics. Be human.

Don't fall to sing towards one another. Harmony is the blending of jounds. other. Harmony is the blending of sounds.

Don't neglect the composer's various marks of expression.

Don't be forever hanging over the choir rail.

Don't strive to "drown" the voices of others. Tqualisation is concord.

Don't presume to direct the director. Don't undervalue the organist's share in your success.

here singing hymns in great cathedrals there marching her thousands in great

At least a couple of hours must be spent in the open air, either in walking, bicycling or playing games, as circumstances permit.

All tight clothing must be avoided, as it disturbs the circulation, and is often the cause of enlarged veins and red noses.

The offect of diet on the skin is of the atmost importance, and many dermalologists have made a careful study of this aspect of the questien. Abstentian from all rich food and stimulants has been tried with success. A great lidy, who was famous even in her old age for her beautifully clear complexion and freedom from wrinkles, was once persuaded to tell the secret of her poundant of the life. No tea, no coffee, or stimulated for mere pastime. These are a scourge in the siling in the siling in the siling in the siling it them by those as senselests as senselests as senselests as senselests as stimulation them by those a senselests as senselests as themselves, cannot supported on from the supported on from \$3\$ to \$5\$ a week. Very often the girl who 'keeps compared to feel on the skin is of the time the same way with the \$5\$ a week sport will form the those in misery. Only God knows what scenes of squalor and wee and agony are beheld by the eyes of a Vincentian are benead by the eyes of a vincentian in his weary round—only God knows how his soul is drawn to the souls of her fellow creatures, seeing the pathos of their lives, it may be often amid blinding tears. Is not this society doing Christ's work? It is not making the desolate and the shelterless feel that God has not deserted them?

this trite. The Telegraph said this year and years ago. It shall believe it true as the years go by. But, while justice is being obtained, is it right to let little children and hopeless women starve? Justice is a beautiful creature, but ofter her coming is long delayed. While her feet loiter on the naths with rulers and lawmakers, Charity comes gently and leaves her pittance and speaks words of hope and goes her way silently. She is holier than justice and does more to draw hearts together.

hearts together.

"Show us your work," said the infidels of France to Holy Ozanam a century ago. Now the world sees his work—the work of Catholic laymen—all around the globe. Innobler labor no laymen can engage, Long ago has the taunt of the infidel been answered, and the answer is as effective today as it was yesterday. Let those who arraign her look at the work of unlift which the church has been doing throughout all the centuries. Then let them show us their works. We gaze down the vista seeking them, but where are they?—Catholic Telegro?. hearts together.

Kitchen and Cable.

KITCHEN AND TABLE.

The Sunday Menu. BREAKFAST Cercal and Milk.
Dried Peaches Stewed.
English Breakfast Bacon Fried.
Lyonnaise Potatocs.
Buckwheat Cakes.
DINNER.
Coffee.

Celery Soup.
Chicken Fricassee. Boiled Rice.
Oyster Plant. ch. Apple and Celery Salad.
Fruit Charlotte. Wafers,
Black Coffee,
SUPPER,

Boston Baked Beans. Brown Breud. Sweet Cucumber Pickies. Pot Cheese. Watercreases. lellled Apples. Coccanut Cake. Tea.

A cupful of cold mashed potatoes may be made into the most delicious croquettes by the addition of the yolks of two eggs; a little grated nutmeg, a half spoonful of onion julce, a teaspoonful of salt and a little chopped parsicy. Dip in egg and then in bread crumbs and fry in boiling lard. This will make not only a delicious dish, but one that will add in every way to the appearance of your table. the appearance of your table.

Light Biscuits. When you make light biscuit roll out the dough and cut out the biscuit with the cutter just as you do your short biscuit. They will rise quicker, bake fresher and be perfectly uniform in

To Laundry Grass Linen.

To Laundry Grass Linen.

Grass linen, now so fashionable, if laundered in the ordinary way, loses its color after two or three visits to the laundry. If the following directions are followed it will retain its color as long as it lasts: Boll enough hay to color the water perceptibly, strain, add to the water about a pint of boiled starch, and rub the dress without using any soap. Rinse, adding more starch to the water if desired, and dry in the shade. Iron on the wrong side.

Preparing Pineapples.

When preparing pineapple for the table the eyes can be easily removed by first slicing the fruit. Then slice and cut out the eyes. They can be still more easily removed if the fruit Is cut in dice

Cut four very thin slices of bacon, remove the rind, then place in a hot frying pan. Beat four eggs, add four tablespoonfuls of milk, a little pepper and salt. When the bacon is well and salt. When the bacon is well browned turn this mixture over it, and when cooked to a creamy consistency serve on toast.

Eggs and Bacon.

Sandwiches. Take cold cooked yeal, mix it with a little cream, pepper, salt and pre-pared mustard. A little grated cheese gives the mixture an agreeable taste. Spread between dainty round slices of buttered bread with one leaf of lettuce to each sandwich and moisten with

THE CARE OF SILVER. In the care of silver the work of pol-ishing becomes easier if the whiting is made into a thin paste with water to which a little ammonia has meen addod. First put the silver into a bath of hot soapsuds, and then use the paste, rubbing it off with a piece of chamois. When the silver is not much discolored, rubbing with a little dry whiting after the soap bath will be suf-

Mix together one-half tablespoonful each mustard and salt, three-quarters tablespoonful sugar, one egg slightly beaten, three tablespoonfuls melted butter, three-quarters cupful of cream

Wash and boil sweet potatoes; when tender remove the skins and slice the potatoes in thick portions. Put a layer in a baking dish, sprinkle with sailt, as suspicion of pepper and nutneg or chnamon, then a generous portion of brown sugar and bits of butter, and repeat until the dish is full, or the potatoes used. Pour over them one-half cup of hot water and set it in a moderate oven, fo ran hour. When nearly done pour in one-half cup of cream and cook until the cream is absorbed, being very careful not to let them burn. very careful not to let them burn.

Wash, pare, slice and cut in small cubes. To one quart of the diesd turnip allow one tablespoon of mineed onion and three tablespoons of butter. Put the butter in a stew pan, add the onion and stir it until slightly colored, then put in the turnip and let it stand on the back of the stove or where it will cook slowly until tender. Keep

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